AMENDMENTS TO THE SPECIFICATION

Please replace Paragraph [0009] with the following paragraph rewritten in amendment format:

[0009] In a further embodiment, the tool lid has a panel shaping surface (preformer, prebender, or stuffer) opposite the cavity of the first half or forming area. Prior to blow-forming with gas or air, the foam or sandwiched composite panel is forced into the cavity by the shaping surface as the die halves close together. In yet a further embodiment, a section of foam is placed between the die forming half and a metallic sheet. [In In this case, the foam does not extend to the edges of the panel, so it is not locked by the seal beads when the die is closed elesed]. The foam is positioned in a location in which greater energy absorption is required. The metallic sheet forms on top and around the foam piece, locking it in the required position, creating a foam reinforcement where needed and in just one forming operation.